

WEEK 5	MONDAY	TUESDAY	CARVERY WEDNESDAY	THURSDAY	CHIP FRIDAY
	<p>Moist <u>CHICKEN</u> With a pork chipolata <b>sausage</b>.</p> <p><u>BEEF</u> flan. Shortcrust <b>pastry</b> filled with minced beef and a rosette of creamy mash.</p> <p><u>Quorn</u> mince flan topped with a rosette of creamy mash.</p>	<p>Slow cook <u>PORK</u> with homemade apple sauce.</p> <p>Chicken <u>FAJITAS</u> With peppers mushrooms onions and hint of spice in a soft tortilla wrap.</p> <p>Veg <u>WRAPS</u> Onion mushrooms and peppers with a hint of spice all in a soft tortilla wrap</p>	<p>Silver side of <u>BEEF</u> with home- made <b>Yorkshire</b> <b>pudding</b>.</p> <p>Moist <u>CHICKEN</u> with crispy stuffing.</p> <p>Cheese and egg <u>FLAN</u></p>	<p><u>GAMMON</u> with juicy pineapple chunks.</p> <p>Pork <u>PIE</u> Diced pork in a rich sage and onion gravy.</p> <p>Quorn <u>PIE</u> In a rich sage and onion gravy</p>	<p><b>Bangers chips</b> and beans</p> <p><u>Quorn</u> sausage</p> <p>Mixed <u>PIZZA</u></p>
<b>PASTA KING</b>	1 meat ½ veg	1 meat ½ veg	1 meat ½ veg	1 meat ½ veg	1 meat ½ veg
<b>HOT BUTTY</b>	Pulled pork/chicken	Ham and cheese panini	Chicken panini	Bacon	<b>Chip</b> <b>sausage</b>
<b>BREAK</b>	Bagel	Bacon	Pizza	Bagel	Bacon
<b>PUDDINGS</b>	Crackle	Orange choc sponge	Flapjack	Vanilla Sponge	Chocolate oat delight
	<b>Starchy cooked in fat</b>	<b>High in fat</b>	<b>Meat product</b>		

Menu may change if deliveries are not met.